

# *PHOENIX CHEER ATHLETICS*



## COMPETITIVE CHEER PROGRAM

### WELCOME TO OUR PHOENIX CHEER ATHLETICS FAMILY!

From the beginner to the elite competitor, we have a spot for you! We are a nonprofit instructional cheer and tumbling group that teaches teamwork, dedication, character, a strong work ethic, and the value of commitment. We strive to help all athletes reach their full potential and be the best they can be. We run our program based on the principles of good sportsmanship and quality social ethics. We are excited to spend the this season with you and your family.

Let the journey begin!



**NO EXPERIENCE IS NECESSARY**  
to be part of the Phoenix Family. More  
teams have been added to our program.



Every cheerleader is evaluated as an individual and considered to represent Wilson and Rutherford Counties in Regional and National Competitions. We will evaluate jumps, tumbling, flexibility, and stunts. As the season progresses, we will continue to evaluate the skills of each athlete.

## TRYOUT DATES



Every Monday in  
June 5:00-7:00pm

## TEAM ANNOUNCEMENTS: JULY 1st

**Please follow the instructions provided below. Join our Band by June.**



1. First, download BAND. Scan the QR code to join our Tryout BAND, Phoenix Cheer Athletics.
2. Once you have joined BAND, your tryout will officially begin. Here we will be announcing all tryout instructions and resources. Important content containing links and videos will be posted on the Band app.
3. When routines are posted, you will be expected to learn the routines and perform them at practices on Mondays during the month of June.





# TUMBLING REQUIREMENTS

## LEVEL 1

Cartwheel into a backwards roll Front walkover  
Back walkover

## LEVEL 2

Back handspring  
Back walkover, back handspring (connected)  
Front walkover, round off, back handspring  
Round off, back handspring rebound, back handspring series

## LEVEL 3

Toe touch, back handspring series (connected) Round off, back handspring tuck  
Front walkover, round off, back handspring tuck Aerial or punch front into a round off tuck

## LEVEL 3.1

Cartwheel into a backwards roll  
Front walkover  
Back walkover

Level 3 stunts and Level 1 Tumbling

## LEVEL 4

Standing tuck  
Standing back handspring tuck  
Round off, back handspring layout  
Front walkover or punch front, round off back handspring layout  
Round off back handspring whip through to tuck/layout



@phoenixcheer\_tn

www.pcatletics.com







## PHOENIX CHEER ATHLETICS

## PROGRAM FEES

Fees include your tuition, practice wear, uniform, routine choreography costs, team camps, team shirts, competitions, coach costs for local and travel competitions. A sibling discount on the gym tuition is offered to families with multiple children in the program.

FEE CHART		
	<i><b>June - March</b></i>	<i><b>June - March</b></i>
Registration Fee	\$35 once a year	
Monthly Fee	\$90	
Fees to be divided		\$955.00 - Returners \$1,515 - New Athletes



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## **Weekly Practices**

- Phoenix Cheer Athletics teams will practice twice a week for 2 hour sessions.
- We may practice an extra day before a competition.
- Make-up practices will occur throughout the year due to illnesses or holidays. These are normally made-up on Saturdays or Sunday afternoons.

## **Additional Fees**

- Travel fees to all events.
- Hotel fees for events.
- Admission fees to events.

## **Invoices and Payments**

### **to PCA:**

Monthly payments may be paid through paypal.com with a 2.2% + \$0.30 per transaction fee (phoenixcheerathletics@gmail.com) or you may bring cash or check to practice. All payments received in person will receive a written receipt.

### **to CheerVille:**

Cheerville requires a card to be on file for auto draft. They will run your draft on the 1st of every month. You are allowed to bring in your payment prior to the first if you do not wish for your fees to be drafted using the card on file. You will be emailed a statement on the 25th of every month as a reminder of your fees that will come out on the 1st. If your payment is declined, you will receive an email and/or a phone call. If your account remains past due by the 10th of the month, you will receive a \$10 late fee. If the account is not paid by the 15th, your athlete will be asked to sit out of practices until the balance has been paid. If you know in advance that a payment may need to be paid a few days late, please email Michelle Rogers (**mrogers@cheerville.com**) and she can make a note of that without penalties.